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## I N Q U I R I E S

For further information about these and related statistics, contact the National Information and Referral Service on 1300135070.

| ABOUT THIS PUBLICATION | This report examines the relationship between participation in sport and physical recreation and social wellbeing using a range of indicators from the 2010 General Social Survey (GSS). As it is not possible to quantify how participation in sport and physical recreation directly contributes to social capital, nor how social capital promotes participation in sport, this report shows the associations between participation and a range of social indicators that may be used to assess social capital and wellbeing. |
| :---: | :---: |
| ABOUT THE SURVEY | The General Social Survey (GSS) collected information about personal and household characteristics for people aged 18 and over resident in private dwellings across Australia, excluding very remote areas, from August to November 2010. <br> Explanatory Notes on the 2010 GSS can be found in ABS (2011a) General Social Survey: Summary Results, Australia, 2010 (cat. no. 4159.0). These Explanatory Notes contain information on the scope of the survey, sample design, data collection, weighting and reliability of estimates. The publication also includes a Technical Note that provides information on data reliability. |
| ROUNDING | As estimates have been rounded, discrepancies may occur between sums of the component items and totals. |
| ABBREVIATIONS | '000 thousand |
|  | ABS Australian Bureau of Statistics |
|  | ASGC Australian Standard Geographical Classification GSS General Social Survey |
|  | MPHS Multipurpose Household Survey |
|  | SEIFA Socio-Economic Indexes for Areas |
|  | Brian Pink |
|  | Australian Statistician |

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## section 1

The results of the 2010 General Social Survey (GSS) provide information about various aspects of wellbeing and how these may relate to each other. Participation in sport and physical recreation was included as a social indicator.

The 2010 GSS found that 12.5 million Australians aged 18 years and over participated in sport or physical recreation, representing a participation rate of $74 \%$. Participation rates varied between males and females, with male participation (76\%) being slightly higher than female participation (72\%).

Participation rates in sport or physical recreation showed a general decline in the older age groups. While the participation rate among young adults aged 18 to 24 years was $80 \%$, the rate was much lower (61\%) for Australians aged 65 years and over.

The rate of participation in sport or physical recreation differed with the type of household to which people belonged, with people in family households being more likely to participate in sport ( $75 \%$ ) compared with those in all other households ( $70 \%$ ).

There is a steady decline in participation rates in sport or physical recreation with lower levels of self-reported health, with the highest rate being for those with excellent self-assessed health ( $83 \%$ ) and lowest for those who assessed their health to be poor (47\%).

The participation rate in sport or physical recreation of those with a disability or long-term health condition (68\%) was lower than those with no such condition (79\%).

A 'lack of time' is often given by people as a reason for not participating in sport and physical recreation. The GSS data showed that working high numbers of hours per week does not necessarily deter people from participating in sport and physical recreation, with the highest participation rate ( $88 \%$ ) being among participants working $41-48$ hours per week. Likewise, increased travel time does not appear to reduce participation in sport and physical recreation activities. The participation rate was highest amongst those who travelled an hour or more to work ( $85 \%$ ) compared with those who worked at home (79\%).

Over three quarters (87\%) of people who volunteered their time and services to an organisation in the 12 months prior to survey also participated in sport or physical recreation in the same time period. The participation rate for non-volunteers was much lower at $67 \%$.

## section 2

 SPORTThe positive impact of participation in sport and active recreation on physical health is now well accepted (Australian Institute of Health and Welfare 2010). Research has identified a wide range of sport induced health benefits that include improving cardiovascular health, assisting in the development of strength and balance and maintaining a healthy weight (Australian Institute of Health and Welfare 2010, ABS 2008a). In light of this, governments at all levels have become increasingly active in encouraging people to adopt physical activities as a regular part of their lifestyle.

In contrast, much less is known about the social impacts of sport and physical recreation. It is argued that sport and recreation provides opportunities and settings for social interaction, sharing common interests and enhancing a sense of community (Department for Victorian Communities, 2006). However, the particular impacts of participation as well as the processes by which participation contributes to community wellbeing are not well understood. This has resulted in an increasing focus on and interest in identifying such impacts in recent years.

Social capital is often defined as being a resource available to individuals and communities founded on networks of mutual support, reciprocity and trust. This is an area of considerable interest because of its links to individual and community wellbeing. Many researchers have suggested the benefits of social capital for individual outcomes in areas such as health, education, employment and family wellbeing, and also in fostering community strength and resilience (ABS 2006, Department for Victorian Communities 2006, Baum 1999, Nicholson and Hoye 2008). The associational nature of sport and sporting clubs is sometimes seen as a forum for the creation of social capital (Tonts 2005). The current debate about social capital suggests that the structures within, or the fabric of, a society or community are an important determinant of the health of a community, and that participation in community based and social activities helps to strengthen the fabric (Baum 1999).

It is not possible to quantify how participation in sport and physical recreation contributes to, develops or maintains social capital. Nor is it possible to observe the extent to which the existence of social capital promotes participation in sport. This is the result of social processes that cannot be measured in quantitative surveys. All that can be shown are the associations between participation and a range of social indicators indicators that may be used to assess social capital and wellbeing.

This report aims to examine the associations between participation in sport and physical recreation and social wellbeing using a range of indicators from the Australian Bureau of Statistics' (ABS) 2010 General Social Survey.

## SECTION 3

SOURCES OF DATA ON
PARTICIPATION IN SPORT

The ABS conducts two surveys that collect information on participation in sport and physical recreation. These are the Participation in Sports and Physical Recreation Activities topic of the Multi-Purpose Household Survey (MPHS) and the General Social Survey (GSS).

The General Social Survey (GSS) was conducted in 2006 and 2010 to provide information about various aspects of wellbeing and how these may relate to each other. This was in response to the recognition that social indicators related to families, health, education, employment, housing, individual opportunities, outcomes and wider social networks may be related and that the application of social policy is becoming less sectorial. The survey was also conducted to provide information that could be used as benchmark indicators of social capital. Participation in sport and physical recreation was included as a social indicator and information from this question is the common denominator in this report.

Caution should be used when comparing data from the 2006 and 2010 GSS. Differences in the question wording have led to an increase in the number of people who participated in sport or physical recreation. In 2006 people were asked to think about any physical activities or sports that they participated in, and of those activities, whether they were for sport, exercise or physical recreation. The approach in 2010 was different in that people were asked to think about any physical activities or sports that they participated in for sport, and then any physical activities or sports that the respondents participated in for exercise or physical recreation. By asking people to think about their activities separately, as a sport and then for exercise or recreation, an increased number of people participating in physical activity have been captured.

While the scope, content and data collection were largely the same in both collections, the sample design and weighting procedures were not. The sample sizes differed between the 2006 and 2010 GSS. In 2010, the number of fully or adequately responding households achieved in the survey was 15,028 compared with approximately 13,375 for the 2006 cycle. The 2010 cycle had a larger initial sample size ( 19,576 possible dwellings) compared with the 2006 initial sample size ( 17,700 possible dwellings). In addition, the 2006 GSS experienced higher rates of sample loss because there were more households with no residents in scope for the survey or where dwellings proved to be vacant, under construction or derelict, and a higher rate of survey non-response from eligible households. These differences in the sample size for 2010 and 2006 should be considered when comparing results.

For the 2010 cycle, a change in sample design was adopted to obtain more observations of people exhibiting multiple disadvantage, to provide a richer dataset of the characteristics of this subpopulation. The sample design involved using Census 2006 data to target areas with higher concentrations of households experiencing multiple
disadvantage. To compensate for over sampling, the weighting process included additional benchmarks. These differences in the sample design for 2010 and 2006 should be considered when comparing results.

Differences in methodology between the GSS and the MPHS mean that it is not possible to compare the overall participation rates from the 2009-10 MPHS with the 2006 and 2010 GSS. There were differences in the question wording and the collection method. The MPHS question asked about physical activities or sports participated in during the last 12 months and then prompted the respondent as to whether participation was for sport, exercise or recreation. The GSS asked about any physical activities or sports participated in as either a participant or some other role such as a coach, referee or official. The MPHS was conducted, in most cases, as a telephone survey, whereas the GSS was conducted as a face-to-face interview. The GSS also collects information from people aged 18 years and over, whereas the MPHS collects information from people aged 15 years and over.

It is also important to note that respondents in both the MPHS and the GSS were asked about a range of social topics in addition to participation in sport and physical recreation. The number and subject of the topics was different in both surveys and the different context for the participation questions may have had some impact on the responses provided by respondents in each of the surveys.

As a result, care must be taken when comparing results from the MPHS and GSS, as the methodology used in each of these surveys differed and this may affect the validity of comparisons. This report only contains data from the 2010 GSS, as this survey included more questions relating to the social wellbeing indicators.

The 2010 GSS found that 12.5 million Australians aged 18 years and over participated in sport or physical recreation in the 12 months prior to interview, representing a participation rate of $74 \%$.

The full list of data items collected in the GSS are included in the ABS (2011b) General Social Survey: User Guide, Australia, 2010 (cat. no. 4159.0.55.002). A subset of these has been chosen for inclusion in this report and are listed in the Appendix. These primarily relate to network qualities and types but also include information on levels of trust in the community, involvement in community activities and affairs, familial and fraternal contact and support networks. Information on feelings of safety, volunteering, access to transport and health status along with some basic demographic information are also provided.

The information analysed for this report is available separately as a data spreadsheet as part of this publication. All data in the tables and graphs presented in this report are from the General Social Survey 2010.

Differences between the data items discussed in this publication are statistically significant, unless otherwise noted. For further information about statistical significance, please refer to the 'Technical Note: Data Quality' in this publication.

INTERPRETING THE DATA IN THIS REPORT
continued

The common denominator in the tables is 'whether participated in sport or physical recreation in the previous 12 months'. There are two ways to analyse and interpret the data - by looking at the rates of participation in sport according to the social indicators of the participants and by looking at the differences in the indicators according to whether people participated or did not participate in sport or physical recreation (i.e. by changing the denominator). For example, in Table 5.1 the data indicates that those who volunteered in the community had a higher rate of participation in sport ( $87 \%$ of the 6.1 million volunteers in Australia) compared with those who did not volunteer ( $67 \%$ ). The same data also shows that a greater proportion of participants in sport volunteered (42\% of the 12.5 million people who participated in sport) compared with non-participants (19\%).

The analysis undertaken for this report takes these alternative ways of interpreting the data into account while the commentary presents the key findings in the way that is considered most appropriate. Information is presented in five sections that focus on:

- selected characteristics of sport participants
- self-assessed health status and work-life balance
- the engagement of sport participants in the community through means such as volunteering, and attending sport, cultural and community events
- feelings of trust and safety experienced by sport participants in their local communities
- the social networks of sport participants, such as the frequency of contact with their family and friends.

Within this report, sport participants refer to those people that physically undertook sport or physical recreation as well as those involved in non-playing roles such as coaches, officials, umpires and administrators in the 12 months prior to interview. Non-participants refer to those who did not partake in any such activity in this time period. For ease of interpretation, the terms 'participation in sport and physical recreation', 'sport participation' and 'participation' are also interchangeable.

Participation rates in sport and physical recreation activities varied between males and females and between age groups. Overall, male participation was slightly higher than female participation. Of Australia's 8.3 million males aged 18 years and over, 6.3 million participated in sport or physical recreation, representing a participation rate of $76 \%$. In comparison, the female participation rate was $72 \%$, with 6.2 million of the 8.5 million Australian females partaking in sport or physical recreation.

Participation rates in sport and physical recreation showed a general decline for both males and females among older age groups. Among young adults aged 18 to 24 years, $80 \%$ participated in sport or physical recreation. In contrast, the participation rate among older Australians aged 65 and over was much lower at $61 \%$. The sharpest drop in participation occurred between the age groups of 45 to 54 years, 55 to 64 years, and 65 years and over, with the participation rate dropping by 8 percentage points between each age group.
4.1 PARTICIPATION IN SPORT AND PHYSICAL RECREATION, By age and sex

(a) Difference between male and female rate is statistically significant.
4.2 PARTICIPATION IN SPORT AND PHYSICAL RECREATION, By age and sex

|  | Participated | Did not participate | Total | Participation rate | Non-participation rate | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | '000 | '000 | '000 | \% | \% | \% |
| Males |  |  |  |  |  |  |
| 18-24 | 908.6 | *213.9 | 1122.5 | 80.9 | *19.1 | 100.0 |
| 25-34 | 1294.4 | 280.3 | 1574.7 | 82.2 | 17.8 | 100.0 |
| 35-44 | 1258.4 | 283.0 | 1541.4 | 81.6 | 18.4 | 100.0 |
| 45-54 | 1140.6 | 340.3 | 1480.9 | 77.0 | 23.0 | 100.0 |
| 55-64 | 834.8 | 408.6 | 1243.4 | 67.1 | 32.9 | 100.0 |
| 65 and over | 863.7 | 455.2 | 1318.9 | 65.5 | 34.5 | 100.0 |
| Total | 6300.5 | 1981.3 | 8281.8 | 76.1 | 23.9 | 100.0 |
| Females |  |  |  |  |  |  |
| 18-24 | 842.9 | 226.0 | 1068.9 | 78.9 | 21.1 | 100.0 |
| 25-34 | 1204.6 | 365.6 | 1570.2 | 76.7 | 23.3 | 100.0 |
| 35-44 | 1224.7 | 353.2 | 1577.9 | 77.6 | 22.4 | 100.0 |
| 45-54 | 1157.8 | 365.7 | 1523.5 | 76.0 | 24.0 | 100.0 |
| 55-64 | 888.6 | 382.9 | 1271.5 | 69.9 | 30.1 | 100.0 |
| 65 and over | 839.6 | 654.7 | 1494.3 | 56.2 | 43.8 | 100.0 |
| Total | 6158.2 | 2348.1 | 8506.3 | 72.4 | 27.6 | 100.0 |
| Persons |  |  |  |  |  |  |
| 18-24 | 1751.5 | 439.9 | 2191.4 | 79.9 | 20.1 | 100.0 |
| 25-34 | 2499.0 | 645.9 | 3144.9 | 79.5 | 20.5 | 100.0 |
| 35-44 | 2483.1 | 636.2 | 3119.4 | 79.6 | 20.4 | 100.0 |
| 45-54 | 2298.4 | 706.0 | 3004.4 | 76.5 | 23.5 | 100.0 |
| 55-64 | 1723.4 | 791.4 | 2514.9 | 68.5 | 31.5 | 100.0 |
| 65 and over | 1703.3 | 1109.9 | 2813.2 | 60.5 | 39.5 | 100.0 |
| Total | 12458.7 | 4329.4 | 16788.2 | 74.2 | 25.8 | 100.0 |

* estimate has a relative standard error of $25 \%$ to $50 \%$ and should be used with caution

INDIGENOUS STATUS
While the participation rate in sport and physical recreation activities for the Indigenous population was $66 \%$ compared with $74 \%$ for non-Indigenous Australians, there was not enough evidence to support whether this difference was statistically significant. Similarly, there was not enough evidence to identify whether the participation rate for Indigenous females (63\%) was significantly lower than the participation rate for Indigenous males (70\%).

### 4.3 PARTICIPATION IN SPORT AND PHYSICAL RECREATION, By indigenous status and sex

|  | Participated | Did not participate | Total | Participation rate | Non-participation rate | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | '000 | '000 | '000 | \% | \% | \% |
| Males |  |  |  |  |  |  |
| Non-Indigenous | 6232.3 | 1952.2 | 8184.5 | 76.1 | 23.9 | 100.0 |
| Indigenous | *68.2 | *29.1 | 97.3 | 70.1 | *29.9 | 100.0 |
| Total | 6300.5 | 1981.3 | 8281.8 | 76.1 | 23.9 | 100.0 |
| Females |  |  |  |  |  |  |
| Non-Indigenous | 6065.8 | 2292.8 | 8358.6 | 72.6 | 27.4 | 100.0 |
| Indigenous | 92.4 | 55.3 | 147.7 | 62.6 | 37.4 | 100.0 |
| Total | 6158.2 | 2348.1 | 8506.3 | 72.4 | 27.6 | 100.0 |
| Persons |  |  |  |  |  |  |
| Non-Indigenous | 12298.1 | 4245.1 | 16543.2 | 74.3 | 25.7 | 100.0 |
| Indigenous | 160.6 | 84.4 | 245.0 | 65.6 | 34.4 | 100.0 |
| Total | 12458.7 | 4329.4 | 16788.2 | 74.2 | 25.8 | 100.0 |

[^0]FAMILY AND HOUSEHOLD TYPE

Participation rates in sport and physical recreation activities varied with the type of household to which people belonged, with people in family households being more likely to participate (75\%), compared with those in all other households (70\%). Within family households, the participation rate for persons in couple families (76\%) was higher than that for persons in one parent families (70\%).
4.4 PARTICIPATION IN SPORT AND PHYSICAL RECREATION, By family and household type

|  | Participated | Did not participate | Total | Participation rate | Non-participation rate | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | '000 | '000 | '000 | \% | \% | \% |
| Couple family with children under 15 | 3261.5 | 865.4 | 4126.9 | 79.0 | 21.0 | 100.0 |
| Couple family with dependent students | 1065.0 | 225.8 | 1290.8 | 82.5 | 17.5 | 100.0 |
| Couple family with non-dependents | 1080.9 | 425.3 | 1506.2 | 71.8 | 28.2 | 100.0 |
| Couple only family | 3770.3 | 1422.6 | 5192.9 | 72.6 | 27.4 | 100.0 |
| One parent family with children under 15 | 388.0 | 210.9 | 598.9 | 64.8 | 35.2 | 100.0 |
| One parent family with dependent students | 223.6 | 54.6 | 278.2 | 80.4 | 19.6 | 100.0 |
| One parent family with non-dependents | 416.1 | 173.4 | 589.5 | 70.6 | 29.4 | 100.0 |
| Other family (a) | 146.9 | *64.0 | 210.8 | 69.7 | 30.3 | 100.0 |
| Total family households | 10352.4 | 3441.9 | 13794.2 | 75.0 | 25.0 | 100.0 |
| Unrelated individual living in a family household | *174.3 | *23.9 | *198.1 | 87.9 | **12.1 | 100.0 |
| Group household member | 470.5 | 134.3 | 604.7 | 77.8 | 22.2 | 100.0 |
| Lone person | 1461.6 | 729.4 | 2191.0 | 66.7 | 33.3 | 100.0 |
| Total other households | 2106.4 | 887.5 | 2993.9 | 70.4 | 29.6 | 100.0 |
| Total | 12458.7 | 4329.4 | 16788.2 | 74.2 | 25.8 | 100.0 |

* estimate has a relative standard error of $25 \%$ to $50 \%$ and should be used with caution
** estimate has a relative standard error greater than 50\% and is considered too unreliable for general use
(a) Includes families where one of the family members is out of scope.


## LOCATION

Where people live, whether near to each other in densely populated urban areas or on farms or in small communities situated in remote areas, may influence the way in which they form networks and interact with others. It may also affect the opportunities that people have to participate in a range of social and civic activities, including sport and physical recreation activity (ABS 2006).

The GSS uses a remoteness index based on the Remoteness Structure of the Australian Standard Geographical Classification (ASGC) (ABS 2008b). The index classifies broad geographical regions that share common characteristics of remoteness. Use of this index allows differences in sport and physical recreation participation between these regions to be examined.

While data from the GSS appears to show that the sport and physical recreation participation rate is higher in areas that are more urban, there is not enough evidence to say that one remoteness classification in Australia has a statistically significantly higher participation rate in sport and physical recreation than another.
4.5 PARTICIPATION IN SPORT AND PHYSICAL RECREATION, By remoteness classification

|  | Participated | Did not participate | Total | Participation rate | Non-participation rate | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | '000 | '000 | '000 | \% | \% | \% |
| Major cities of Australia | 8848.4 | 2962.6 | 11811.0 | 74.9 | 25.1 | 100.0 |
| Inner regional Australia | 2397.0 | 867.0 | 3264.0 | 73.4 | 26.6 | 100.0 |
| Outer regional Australia | 1090.1 | 416.8 | 1507.0 | 72.3 | 27.7 | 100.0 |
| Remote Australia | *123.2 | *83.0 | *206.2 | 59.7 | 40.3 | 100.0 |
| Total(a) | 12458.7 | 4329.4 | 16788.2 | 74.2 | 25.8 | 100.0 |

## SOCIO-ECONOMIC DISADVANTAGE

The ABS compiles the index of relative socio-economic disadvantage, one of five Socio-Economic Indexes for Areas (SEIFA). The SEIFA index numbers are based on the characteristics of all persons living within a defined area, not the socio-economic situation of a particular individual, and are intended to determine the level of social and economic wellbeing of these areas. Further information is available in ABS (2008c) Information Paper: An Introduction to Socio-Economic Indexes for Areas (SEIFA), 2006 (cat. no. 2039.0).

The index of relative socio-economic disadvantage includes attributes such as low income, low educational attainment, high unemployment and jobs in relatively unskilled occupations. The lower the value of this index, the greater the average level of disadvantage experienced by residents of the area.

A relationship between the rate of participation in sport and physical recreation and the level of socio-economic disadvantage can be seen, with the participation rate increasing with each successive quintile in the index. Of those in the lowest quintile of the index, $63 \%$ of people participated in sport or physical recreation activity, while $84 \%$ of those in the highest quintile participated.

In addition, the proportion of participants in the highest quintile of the index of relative socio-economic disadvantage (26\%) is nearly twice that of those in the lowest quintile (15\%). This is the reverse of the proportions seen among non-participants ( $14 \%$ compared with $26 \%$ respectively).

PARTICIPATION IN SPORT AND PHYSICAL RECREATION, By index of relative socio-economic disadvantage

|  |  |  |  |  |  |  |
| :--- | ---: | ---: | ---: | ---: | ---: | ---: |
|  | Participated | Did not <br> participate | Total | Participation <br> rate | Non-participation <br> rate | Total |

(a) Includes index not available.

## SECTION

SELF-ASSESSED HEALTH STATUS AND WORK-LIFE BALANCE

SELF-ASSESSED HEALTH STATUS

Survey respondents were asked to make a general assessment of their own health against a five point scale ranging from excellent through to poor. The sport and physical recreation participation rate shows a steady decline in participation with lower levels of self-reported health, with the highest rate for those with excellent self-assessed health ( $83 \%$ ) and the lowest for those who assessed their health to be poor (47\%).
5.1 PARTICIPATION IN SPORT AND PHYSICAL RECREATION, By self-assessed health status


The effect of age was also examined. There was not enough evidence to show whether age had any significant influence on self-assessed health status and participation in sport and physical recreation activities. The exception was in the 45-54 year old age group, where the participation rate was significantly lower for those who assessed their health status as poor.

## SELF-ASSESSED HEALTH

STATUS continued
5.2 PARTICIPATION IN SPORT AND PHYSICAL RECREATION, By self-assessed health status and age


The participation rate in sport and physical recreation activities of those with a disability or long-term health condition (68\%) was lower than those with no such condition (79\%). While those who had no specific restriction appear more likely to participate ( $73 \%$ ), there is not enough evidence to indicate that the rate is statistically significantly higher. Almost $37 \%$ of people who participated in sport and physical recreation had a disability or long-term health condition, which was lower than the proportion of non-participants who had a disability or long-term health condition (50\%).

## DISABILITY

Total

Personal stressors are events or conditions that occur in a person's life that may adversely impact on the individual's or their family's wellbeing. A stressor may occur directly, such as personally experiencing a serious illness, or indirectly, such as having a family member with a serious illness. In some instances personal stressors may have an ongoing impact, or limit the capacity of a person or family to live a satisfying and productive life.

PERSONAL STRESSORS
continued

People who experienced a personal stressor in the last 12 months had a higher participation rate in sport and physical recreation activities (77\%) than those who did not experience any of these stressors (70\%). Of those who participated in sport and physical recreation, $63 \%$ of people experienced a stressor in the last 12 months, compared with $56 \%$ of non-participants who had experienced a stressor. Research has shown that exercise has stress modifying effects, where people who exercise more exhibit less health problems when they encounter stress than those who don't participate (Gerber \& Pühse 2009), but the motivation for participating in sport and physical recreation varies among individuals.

PARTICIPATION IN SPORT AND PHYSICAL RECREATION, By whether experienced a personal stressor in last 12 months

|  | Participated | Did not participate | Total | Participation rate | Non-participation rate | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | '000 | '000 | '000 | \% | \% | \% |
| Experienced a stressor | 7903.0 | 2413.8 | 10316.8 | 76.6 | 23.4 | 100.0 |
| Did not experience a stressor | 4555.7 | 1914.0 | 6469.7 | 70.4 | 29.6 | 100.0 |
| Total ${ }^{\text {a }}$ ) | 12458.7 | 4329.4 | 16788.2 | 74.2 | 25.8 | 100.0 |

(a) Includes null response and not stated.

MOBILITY
The length of time spent living in a community is considered to influence the number of ties with others in that community and the strength of those ties. Levels of social and civic participation, including participation in sport and physical recreation, may be higher among long-term residents of a community (ABS 2006). However, the propensity to move is related to life transitions with younger people being more likely to move than the elderly. As shown earlier, young people are also more likely to participate in sport.
5.5 PARTICIPATION IN SPORT AND PHYSICAL RECREATION, By length of time in current dwelling

|  | Participated | Did not <br> participate | Total | Participation <br> rate | Non-participation <br> rate | Total |
| :--- | ---: | ---: | ---: | ---: | ---: | ---: |

(a) Respondents who were not the household reference person, e.g. a family member who is younger than the length of time the family has been in the current dwelling.

The participation rate in sport and physical recreation activities is significantly lower among people residing at the same address for more than twenty years (68\%). The majority of this group were aged 55 years and over ( $73 \%$ ). Please refer to the spreadsheet available as part of this publication for the data on the length of time resident in the current dwelling, together with age.

Of those people who had moved in the previous five years, similar proportions moved to a different address within the same suburb or locality (44\%) or within the same state (46\%). The balance (10\%) was those who had moved from interstate or from overseas. The rates of participation by these groups were broadly similar, however those who moved locally had slightly lower rates of participation.

PARTICIPATION IN SPORT AND PHYSICAL RECREATION, By persons who have moved in previous five years and location of move

|  | Did not <br> participate | Total | Participation <br> rate | Non-participation <br> rate | Total |
| :--- | ---: | ---: | ---: | ---: | ---: | ---: |

WORK-LIFE BALANCE

Work-life balance is used to describe the balance between an individual's work and personal life. A 'lack of time' is often cited by people as a reason for not participating in sport and physical recreation, with many reporting that they are simply too busy to participate. Work commitments may be a contributing factor to people feeling busy. A number of data items collected in the GSS provide an indication of the balance between work and life experienced by Australians. These include total number of hours worked, travelling time to work and whether or not work allows sufficient time for family and community responsibilities.

Even though 'lack of time' or 'working too many hours' are often given as reasons for not participating, data shows that working high numbers of hours per week does not necessarily deter people from participating in sport and physical recreation. The highest participation rate was among participants working 41-48 hours per week. There is not enough evidence to say that the hours worked in all jobs have a statistically significant impact on participation in sport and physical recreation activities.

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SECTION 5 • SELF-ASSESSED HEALTH STATUS AND WORK-LIFE BALANCE
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5.7 PARTICIPATION IN SPORT AND PHYSICAL RECREATION, By hours worked in all jobs per week

|  |  | Did not <br> participate | Total | Participation <br> rate | Non-participation <br> rate | Total |
| :--- | ---: | ---: | ---: | ---: | ---: | ---: |

(a) Unemployed or not in the labour force.

Travelling time to work Time taken to travel to work is often said to restrict the time available for participation in sport and physical recreation. However, increased travel time does not appear to reduce participation in sport and physical recreation activities. The participation rate was highest amongst those who travelled an hour or more to work (85\%) compared with those who worked at home (79\%). There was not enough evidence to support this difference as statistically significant.
5.8 PARTICIPATION IN SPORT AND PHYSICAL RECREATION, By travelling time to work

|  | Participated | Did not participate | Total | Participation rate | Non-participation rate | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | '000 | '000 | '000 | \% | \% | \% |
| 10 minutes or less | 2119.1 | 485.3 | 2604.4 | 81.4 | 18.6 | 100.0 |
| 11-29 minutes | 2569.4 | 580.6 | 3150.0 | 81.6 | 18.4 | 100.0 |
| 30 minutes to less than 1 hour | 2262.9 | 478.1 | 2741.0 | 82.6 | 17.4 | 100.0 |
| 1 hour or more | 789.1 | 140.9 | 930.0 | 84.8 | 15.2 | 100.0 |
| Variable workplace | 610.1 | 180.7 | 790.8 | 77.2 | 22.8 | 100.0 |
| Worked at home | 503.3 | 130.4 | 633.7 | 79.4 | 20.6 | 100.0 |
| Not applicable | 3596.8 | 2331.9 | 5928.8 | 60.7 | 39.3 | 100.0 |
| Total ${ }^{\text {a }}$ ) | 12458.7 | 4329.4 | 16788.2 | 74.2 | 25.8 | 100.0 |

(a) Includes not known and not stated.

Whether work allows for family/community responsibilities

The sport participation rate was highest for those whose work commitments allowed them to also meet other family and community responsibilities (84\%).

SECTION 5 • SELF-ASSESSED HEALTH STATUS AND WORK-LIFE BALANCE

## 5.9 family/community responsibilities

|  | Participated | Did not participate | Total | Participation rate | Non-participation rate | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | '000 | '000 | '000 | \% | \% | \% |
| Can meet responsibilities | 4732.8 | 895.7 | 5628.4 | 84.1 | 15.9 | 100.0 |
| Can not meet responsibilities | 399.3 | 129.8 | 529.2 | 75.5 | 24.5 | 100.0 |
| Doesn't have family/community responsibilities | 3697.1 | 951.6 | 4648.7 | 79.5 | 20.5 | 100.0 |
| Don't know | *32.6 | *20.4 | 53.1 | 61.5 | *38.5 | 100.0 |
| Not applicable(a) | 3596.8 | 2331.9 | 5928.8 | 60.7 | 39.3 | 100.0 |
| Total | 12458.7 | 4329.4 | 16788.2 | 74.2 | 25.8 | 100.0 |

[^1]
## SECTION

INVOLVEMENT OF SPORT PARTICIPANTS IN THE COMMUNITY

Literature suggests that volunteering in the community is an important contributor to the development and maintenance of social capital (Nicholson \& Hoye 2008). Data from the GSS show that sport participants are an important source of volunteers in the community. Over three quarters ( $87 \%$ ) of those who volunteered their time and services to an organisation in the 12 months prior to survey also participated in sport or physical recreation in the same time period. The participation rate for non-volunteers was much lower at $67 \%$.

PARTICIPATION IN SPORT AND PHYSICAL RECREATION, By type of organisation volunteered 6.1 for

|  | Participated | Did not <br> participate | Total | Participation <br> rate | Non-participation <br> rate | Total |
| :--- | ---: | ---: | ---: | ---: | ---: | ---: |

[^2]INVOLVEMENT IN
VARIOUS GROUPS AND ACTIVITIES

Social groups

Just over two fifths (42\%) of those who participated in sport or physical recreation activities volunteered compared with just under one fifth (19\%) of non-participants. The highest proportions of sport participants volunteered for sport and physical recreation organisations (41\%), religious organisations (21\%) and community and welfare organisations (21\%).

The sport and physical recreation participation rate for those actively involved in at least one social group in the last 12 months was $84 \%$, which was much higher than the participation rate of those with no active involvement ( $58 \%$ ). Specifically, the participation rate was highest amongst those with an active involvement in a sport or physical recreation group (94\%).

| Social groups continued | Almost three quarters of sport participants (71\%) had an active involvement in a social |
| :--- | :--- |
|  | group compared with $39 \%$ of non-participants. The greatest proportion of sport |
|  | participants had an active involvement in a sport or physical recreation group (63\%), |
|  | social clubs providing restaurants or bars (32\%) and religious or spiritual groups or |
|  | organisations (27\%). |

PARTICIPATION IN SPORT AND PHYSICAL RECREATION, By active involvement in social group in the last 12 months and type of organisation
Total

* estimate has a relative standard error of $25 \%$ to $50 \%$ and should be used with caution
(a) Components may not add to totals as some persons may have had involvement in more than one group.

Civic Activities
For those who actively engaged in some type of civic activity in the last 12 months, the rate of participation in sport and physical recreation activity was $85 \%$, higher than the participation rate of those with no active involvement (66\%).

A greater proportion of sport participants (49\%) than non-participants (24\%) engaged in at least one civic activity. The most common civic activities undertaken by sport participants were boycotting or deliberately buying products for political, ethical or environmental reasons (28\%), signing a petition (25\%) or writing to the council/territory government or contacting a local councillor/territory government member (16\%). These were also the most common activities for non-participants, however, the proportions were lower at $11 \%, 10 \%$ and $8 \%$ respectively.

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SECTION 6 - INVOLVEMENT OF SPORT PARTICIPANTS IN THE COMMUNITY
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6.3 PARTICIPATION IN SPORT AND PHYSICAL RECREATION, By type of civic activity engaged in, in the last 12 months

|  | Participated | Did not participate | Total | Participation rate | Non-participation rate | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | '000 | '000 | '000 | \% | \% | \% |
| Participated in a community consultation or attended a public or council meeting | 1228.3 | 149.8 | 1378.1 | 89.1 | 10.9 | 100.0 |
| Written to the council/territory government or contacted a local councillor/territory govt. member | 1948.1 | 332.2 | 2280.4 | 85.4 | 14.6 | 100.0 |
| Contacted a member of parliament | 928.1 | 143.2 | 1071.3 | 86.6 | 13.4 | 100.0 |
| Signed a petition | 3162.8 | 415.8 | 3578.6 | 88.4 | 11.6 | 100.0 |
| Attended a protest march/meeting/rally | 615.8 | 52.5 | 668.3 | 92.1 | 7.9 | 100.0 |
| Written a letter to the editor of a newspaper | 481.2 | 85.3 | 566.5 | 84.9 | 15.1 | 100.0 |
| Participated in a political campaign | 379.8 | *38.5 | 418.2 | 90.8 | *9.2 | 100.0 |
| Boycotted or deliberately bought products for political, ethical or environmental reasons | 3547.5 | 489.4 | 4036.9 | 87.9 | 12.1 | 100.0 |
| Total persons with involvement(a) | 6122.8 | 1054.2 | 7177.0 | 85.3 | 14.7 | 100.0 |
| No active involvement in civic activities in last 12 months | 6335.9 | 3275.2 | 9611.2 | 65.9 | 34.1 | 100.0 |
| Total | 12458.7 | 4329.4 | 16788.2 | 74.2 | 25.8 | 100.0 |

* estimate has a relative standard error of 25\% to 50\% and should be used with caution
(a) Components may not add to totals as some persons may have had involvement in more than one group.


## ATTENDANCE AT

CULTURAL, SPORTING
AND COMMUNITY VENUES
AND/OR EVENTS

Taking part with others in mutually enjoyed activities is a way of forming and maintaining relationships. It contributes to social connectedness and a sense of belonging, and can promote trust, cooperation and tolerance. Social participation can include attendance, even if attending alone, at any of a variety of cultural, sporting or community venues and events. Such activities provide important contexts for people to meet and share in the life of the wider community (ABS 2006).

The sport and physical recreation participation rate is substantially higher amongst those who had attended selected cultural venues and events (79\%), sporting (84\%) or community events (83\%) when compared with the rate amongst those who did not attend any of those events or venues ( $43 \%, 62 \%$ and $59 \%$ respectively) community events

|  | Participated | Did not participate | Total | Participation rate | Non-participation rate | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | '000 | '000 | '000 | \% | \% | \% |
| Attended any selected cultural venues and events in last 12 months |  |  |  |  |  |  |
| Attended | 11403.3 | 2941.1 | 14344.4 | 79.5 | 20.5 | 100.0 |
| Did not attend | 1055.4 | 1388.3 | 2443.7 | 43.2 | 56.8 | 100.0 |
| Total | 12458.7 | 4329.4 | 16788.2 | 74.2 | 25.8 | 100.0 |
| Attended any sporting events in last 12 months |  |  |  |  |  |  |
| Attended | 7919.9 | 1507.2 | 9427.1 | 84.0 | 16.0 | 100.0 |
| Did not attend | 4538.8 | 2822.3 | 7361.1 | 61.7 | 38.3 | 100.0 |
| Total | 12458.7 | 4329.4 | 16788.2 | 74.2 | 25.8 | 100.0 |
| Attended a community event in past 6 months |  |  |  |  |  |  |
| Attended | 8997.5 | 1892.9 | 10890.4 | 82.6 | 17.4 | 100.0 |
| Did not attend | 3461.2 | 2436.6 | 5897.8 | 58.7 | 41.3 | 100.0 |
| Total | 12458.7 | 4329.4 | 16788.2 | 74.2 | 25.8 | 100.0 |

## ATtENDANCE AT

CULTURAL, SPORTING
AND COMMUNITY VENUES
AND/OR EVENTS
continued

A higher proportion of sport and physical recreation participants than non-participants attended each type of cultural, sporting and community venues and/or events. The difference is most striking for attendance at sporting and community events. Almost three quarters of participants (72\%) attended a community event compared with less than half (44\%) of non-participants, while $64 \%$ of participants attended a sporting event compared with $35 \%$ of non-participants. Nearly $92 \%$ of sport and physical recreation participants attended a cultural venue or event, compared with $68 \%$ of non-participants.
6.5 PARTICIPATION IN SPORT AND PHYSICAL RECREATION, By attendance at selected cultural, sporting and community venues and/or events(a)

(a) Difference between participants and non-participants is statistically significant.

When people do not have access to transport, this can act as a barrier to their participation in the range of social, civic and economic activities of mainstream society.

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SECTION 6 - INVOLVEMENT OF SPORT PARTICIPANTS IN THE COMMUNITY
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ACCESS TO TRANSPORT While most people (84\%) felt that they could easily get to the places where they needed to go, $12 \%$ felt that they sometimes had difficulty getting to such places, and $4 \%$ felt that they either could not get to places where they needed to go or often had difficulties in doing so.

PARTICIPATION IN SPORT AND PHYSICAL RECREATION, By access to motor vehicle(s) and perceived level of transport difficulties

|  | Participated | Did not participate | Total | Participation rate | Non-participation rate | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | '000 | '000 | '000 | \% | \% | \% |
| Has access to motor vehicle to drive |  |  |  |  |  |  |
| Access to motor vehicle(s) | 11288.4 | 3308.1 | 14596.4 | 77.3 | 22.7 | 100.0 |
| No access to motor vehicles | 1170.4 | 1021.4 | 2191.7 | 53.4 | 46.6 | 100.0 |
| Total | 12458.7 | 4329.4 | 16788.2 | 74.2 | 25.8 | 100.0 |
| Perceived level of difficulty with transport |  |  |  |  |  |  |
| Can easily get to the places needed | 10771.4 | 3314.8 | 14086.2 | 76.5 | 23.5 | 100.0 |
| Sometimes have difficulty getting to the places needed | 1268.5 | 719.5 | 1988.1 | 63.8 | 36.2 | 100.0 |
| Often have difficulty getting to the places needed | 382.4 | 196.8 | 579.3 | 66.0 | 34.0 | 100.0 |
| Can't get to the places needed/never go |  |  |  |  |  |  |
| out/housebound | 36.4 | 98.2 | 134.6 | 27.0 | 73.0 | 100.0 |
| Total | 12458.7 | 4329.4 | 16788.2 | 74.2 | 25.8 | 100.0 |

The sport and physical recreation participation rate declined with increased perceived difficulty with transport. The participation rate is highest among those who can easily get to the places needed (76\%) and substantially lower for those who cannot get to the places needed (27\%).

Less than half a percent of people who participated in sport and physical recreation can't get to the places needed or were housebound, whereas the proportion for non-participants was $2 \%$. In absolute terms, almost three times as many non-participants were in this situation $(98,200$ compared with 36,400$)$.

FEELINGS OF SAFETY AND TRUST OF SPORT PARTICIPANTS

Having trust in others to behave according to accepted social values and norms is a fundamental aspect of a well-functioning community and data which seek to measure levels of trust in others are recognised as being important in monitoring levels of social capital (ABS 2006).

FEELINGS OF SAFETY An indirect measure of trust available from the GSS is people's feelings of safety while at home or walking alone. Feeling unsafe might relate to fear of threat from other people or the possibility of not having someone else around to provide help in the case of a health-related mishap, such as a fall. In either case it might be expected that having close links with others in one's vicinity or having established habits of contacting others for help if needed could increase feelings of safety (ABS 2006).

The GSS asked respondents how safe they felt in various circumstances - when home alone during the day, when home alone after dark and when walking alone through their local area after dark. Feelings of safety were reported on a five point scale ranging from very safe to very unsafe. Overall, GSS data show that the rate of participation in sport and physical recreation activity declines as feelings of safety diminish. For example, the participation rate is $79 \%$ for those who feel very safe at home alone during the day compared with $48 \%$ for those who feel very unsafe.
7.1 PARTICIPATION IN SPORT AND PHYSICAL RECREATION, By feelings of safety in various circumstances


In each of the three situations, a greater proportion of sport participants than non-participants reported strong feelings of safety in their local communities. When at home alone during the day, $96 \%$ of sport and physical recreation participants feel either very safe or safe compared with $90 \%$ of non-participants. Similarly, $88 \%$ of sport

FEELINGS OF SAFETY
continued
participants felt very safe or safe at home alone after dark compared with $79 \%$ of non-participants.

The difference in feelings of safety between sport participants and non-participants was most marked for walking alone in their local area after dark. Over half (53\%) of sport participants felt very safe or safe in this situation compared with $33 \%$ of non-participants, while $15 \%$ of sport participants never walk alone after dark compared with $33 \%$ of non-participants.
7.2 PARTICIPATION IN SPORT AND PHYSICAL RECREATION, By feelings of safety

|  | Participated | Did not participate | Total | Participation rate | Non-participation rate | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | '000 | '000 | '000 | \% | \% | \% |
| Feelings of safety at home alone after dark |  |  |  |  |  |  |
| Very safe | 5954.5 | 1557.4 | 7511.9 | 79.3 | 20.7 | 100.0 |
| Safe | 4947.3 | 1849.6 | 6796.8 | 72.8 | 27.2 | 100.0 |
| Neither safe nor unsafe | 766.4 | 390.8 | 1157.1 | 66.2 | 33.8 | 100.0 |
| Unsafe | 519.5 | 331.2 | 850.7 | 61.1 | 38.9 | 100.0 |
| Very unsafe | 160.0 | 99.6 | 259.6 | 61.6 | 38.4 | 100.0 |
| Never home alone after dark | *111.2 | 100.9 | 212.0 | 52.4 | 47.6 | 100.0 |
| Total | 12458.7 | 4329.4 | 16788.2 | 74.2 | 25.8 | 100.0 |
| Feelings of safety at home alone during day |  |  |  |  |  |  |
| Very safe | 8219.7 | 2188.0 | 10407.7 | 79.0 | 21.0 | 100.0 |
| Safe | 3701.9 | 1700.3 | 5402.2 | 68.5 | 31.5 | 100.0 |
| Neither safe nor unsafe | 350.8 | 207.3 | 558.1 | 62.9 | 37.1 | 100.0 |
| Unsafe | 123.4 | *142.5 | 266.0 | 46.4 | 53.6 | 100.0 |
| Very unsafe | *33.1 | *35.3 | *68.3 | *48.4 | *51.6 | 100.0 |
| Never home alone during the day | *29.9 | *56.1 | *86.0 | *34.8 | 65.2 | 100.0 |
| Total | 12458.7 | 4329.4 | 16788.2 | 74.2 | 25.8 | 100.0 |
| Feelings of safety walking alone in local area after dark |  |  |  |  |  |  |
| Very safe | 2327.5 | 524.6 | 2852.1 | 81.6 | 18.4 | 100.0 |
| Safe | 4306.2 | 922.2 | 5228.4 | 82.4 | 17.6 | 100.0 |
| Neither safe nor unsafe | 1784.6 | 464.5 | 2249.1 | 79.3 | 20.7 | 100.0 |
| Unsafe | 1598.0 | 706.5 | 2304.4 | 69.3 | 30.7 | 100.0 |
| Very unsafe | 515.0 | 279.6 | 794.7 | 64.8 | 35.2 | 100.0 |
| Never walk alone after dark | 1927.5 | 1432.0 | 3359.5 | 57.4 | 42.6 | 100.0 |
| Total | 12458.7 | 4329.4 | 16788.2 | 74.2 | 25.8 | 100.0 |

* estimate has a relative standard error of $25 \%$ to $50 \%$ and should be used with caution

A more direct measure of feelings of trust is available from the GSS. Respondents were asked how strongly they agreed or disagreed with a number of statements including:

- that most people can be trusted
- that your doctor can be trusted
- that hospitals can be trusted to do the right thing by you
- that police in your local areas can be trusted.

Responses were reported on a five-point scale ranging from strongly agree to strongly disagree.

FEELINGS OF TRUST
continued

Focusing on the level of generalised trust, the participation rate in sport and physical recreation activities was much higher among those who strongly agreed (74\%) than those who strongly disagreed (66\%). Sport participants reported greater levels of trust in people than did non-participants. The participation rate in sport and physical recreation was found to decline as feelings of trust diminished.
7.3 PARTICIPATION IN SPORT AND PHYSICAL RECREATION, By level of generalised trust

|  | Participated | Did not participate | Total | Participation rate | Non-participation rate | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | '000 | '000 | '000 | \% | \% | \% |
| Strongly agree | 1285.7 | 443.7 | 1729.3 | 74.3 | 25.7 | 100.0 |
| Somewhat agree | 5724.4 | 1625.5 | 7349.8 | 77.9 | 22.1 | 100.0 |
| Neither agree nor disagree | 2110.2 | 813.1 | 2923.3 | 72.2 | 27.8 | 100.0 |
| Somewhat disagree | 2366.9 | 939.7 | 3306.7 | 71.6 | 28.4 | 100.0 |
| Strongly disagree | 971.5 | 507.4 | 1479.0 | 65.7 | 34.3 | 100.0 |
| Total | 12458.7 | 4329.4 | 16788.2 | 74.2 | 25.8 | 100.0 |

Some $56 \%$ of sport participants reported that they either strongly or somewhat agreed that most people could be trusted, compared with $48 \%$ of non-participants. In contrast, $27 \%$ of sports participants reported that they somewhat or strongly disagreed compared with $33 \%$ on non-participants.

Slightly more variation is evident when examining the levels of trust in hospitals, people's own doctors and police in their local area. As shown in Table 7.4, the participation rates in sport were similar across most levels of trust in hospitals, with lower rates among those people who strongly disagreed ( $60 \%$ ). While it appears that the sport and physical recreation participation rate dropped with the level of trust in one's own doctor, there was not enough evidence to support this. The participation rates were noticeably higher for those who strongly or somewhat agreed with trusting in police in the local area than it was for those who had neutral or low levels of trust.

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SECTION 7 • FEELINGS OF SAFETY AND TRUST OF SPORT PARTICIPANTS
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7.4

PARTICIPATION IN SPORT AND PHYSICAL RECREATION, By level of trust in hospitals, own doctor and police in local area

|  | Participated | Did not participate | Total | Participation rate | Non-participation rate | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | '000 | '000 | '000 | \% | \% | \% |
| Level of trust in hospitals |  |  |  |  |  |  |
| Strongly agree | 3189.4 | 1262.8 | 4452.2 | 71.6 | 28.4 | 100.0 |
| Somewhat agree | 6061.3 | 1771.6 | 7832.9 | 77.4 | 22.6 | 100.0 |
| Neither agree nor disagree | 1855.6 | 738.1 | 2593.7 | 71.5 | 28.5 | 100.0 |
| Somewhat disagree | 1053.5 | 357.1 | 1410.6 | 74.7 | 25.3 | 100.0 |
| Strongly disagree | 298.9 | 199.9 | 498.8 | 59.9 | 40.1 | 100.0 |
| Total | 12458.7 | 4329.4 | 16788.2 | 74.2 | 25.8 | 100.0 |
| Level of trust in own doctor |  |  |  |  |  |  |
| Strongly agree | 7126.9 | 2420.3 | 9547.2 | 74.6 | 25.4 | 100.0 |
| Somewhat agree | 4013.9 | 1292.9 | 5306.9 | 75.6 | 24.4 | 100.0 |
| Neither agree nor disagree | 705.9 | 288.7 | 994.6 | 71.0 | 29.0 | 100.0 |
| Somewhat disagree | 294.3 | 172.3 | 466.6 | 63.1 | 36.9 | 100.0 |
| Strongly disagree | 138.1 | 86.2 | 224.3 | 61.6 | 38.4 | 100.0 |
| Don't have a doctor | 179.5 | 69.1 | 248.6 | 72.2 | *27.8 | 100.0 |
| Total | 12458.7 | 4329.4 | 16788.2 | 74.2 | 25.8 | 100.0 |
| Level of trust in police in local area |  |  |  |  |  |  |
| Strongly agree | 4348.7 | 1385.0 | 5733.7 | 75.8 | 24.2 | 100.0 |
| Somewhat agree | 5268.4 | 1623.2 | 6891.6 | 76.4 | 23.6 | 100.0 |
| Neither agree nor disagree | 1916.8 | 890.2 | 2806.9 | 68.3 | 31.7 | 100.0 |
| Somewhat disagree | 557.5 | 268.7 | 826.1 | 67.5 | 32.5 | 100.0 |
| Strongly disagree | 367.4 | 162.4 | 529.8 | 69.3 | 30.7 | 100.0 |
| Total | 12458.7 | 4329.4 | 16788.2 | 74.2 | 25.8 | 100.0 |

* estimate has a relative standard error of $25 \%$ to $50 \%$ and should be used with caution


## SECTION 8

FREQUENCY OF CONTACT
WITH FAMILY AND
FRIENDS

## THE SOCIAL NETWORKS OF SPORT PARTICIPANTS

Where there are well-functioning social networks the positive effects of social connections may include increased happiness, health and longevity (ABS 2006). Playing sport and taking part in other forms of physical recreation is often a social activity in which energies are focused on a common goal. It can provide participants with an opportunity to make and/or maintain friendships, develop extended networks and keep in touch with family or friends. Even doing physical exercise or recreation activities alone in public places may create opportunities for meeting like-minded people, while attending sporting events also provides opportunities for being with others or making new contacts (ABS 2006).

Data from the 2010 GSS indicate that sport participants generally had more frequent contact with their family and friends, a greater number of friends to confide in and a greater ability to obtain support in times of crisis than non-participants.

A slightly greater proportion of sport participants had daily or weekly contact with their family and friends (97\%) compared with non-participants (94\%).

The sport and physical recreation participation rate is shown to be highest among those who had daily contact with their family and friends at $77 \%$. The rate remains high for those who had weekly contact at $73 \%$ but drops substantially to $38 \%$ among those who had contact with family or friends at least once every three months and $34 \%$ for those with no recent contact. friends

|  |  |  |  |  |  |  |
| :--- | ---: | ---: | ---: | ---: | ---: | ---: |
|  | Participated | Did not <br> participate | Total | Participation <br> rate | Non-participation <br> rate | Total |

[^3]** estimate has a relative standard error greater than $50 \%$ and is considered too unreliable for general use
(a) Includes no family and no friends

FREQUENCY OF CONTACT
WITH FAMILY AND
FRIENDS continued

The GSS provides further detail on the type of contact made with family and friends, breaking it down into either face to face contact or telephone, email and mail contact. A greater proportion of sport participants had more frequent contact than non-participants. For example, $81 \%$ of sport participants had face to face contact every day or at least once a week compared with $73 \%$ of non-participants, while $95 \%$ of sport participants had contact via the telephone, email and/or mail at least once a week compared with $89 \%$ of non-participants.
8.2 PARTICIPATION IN SPORT AND PHYSICAL RECREATION, By frequency of specific contact with family and friends
Total
(a) Includes no family and no friends.

## SOCIAL SUPPORT

Number of friends can confide in

It is suggested that contact with others is important in providing individuals with identity, social roles and social support mechanisms (ABS 2006). For example, family and friends can act as confidants, carry out favours and provide support in times of crisis.

Number of friends can
confide in continued
8.3 PARTICIPATION IN SPORT AND PHYSICAL RECREATION, By number of friends can confide in(a)

(a) Difference between participants and non-participants is statistically significant.

As the number of friends people can confide in increases, so too does the sport and physical recreation participation rate. The rate reaches a high of $84 \%$ amongst people who had 5 or more friends they feel they can confide in, and a low of $55 \%$ amongst those with no such friends.
8.4 PARTICIPATION IN SPORT AND PHYSICAL RECREATION, By number of friends can confide in

|  | Participated | Did not participate | Total | Participation rate | Non-participation rate | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | '000 | '000 | '000 | \% | \% | \% |
| No friends can confide in | 1199.2 | 998.1 | 2197.3 | 54.6 | 45.4 | 100.0 |
| 1-2 friends can confide in | 4015.2 | 1717.0 | 5732.2 | 70.0 | 30.0 | 100.0 |
| 3-4 friends can confide in | 4045.9 | 1012.4 | 5058.3 | 80.0 | 20.0 | 100.0 |
| 5 or more friends can confide in | 3198.4 | 601.9 | 3800.3 | 84.2 | 15.8 | 100.0 |
| Total | 12458.7 | 4329.4 | 16788.2 | 74.2 | 25.8 | 100.0 |

Ability to ask for small favours

The sport and physical recreation participation rate was much higher among people who felt able to ask for small favours at $76 \%$ than those who did not feel able (58\%). The ability to ask for small favours was slightly more common among sport participants, with a greater proportion (94\%) having this ability compared with non-participants (88\%).
8.5 PARTICIPATION IN SPORT AND PHYSICAL RECREATION, By ability to ask for small favours

|  | Participated | Did not participate | Total | Participation rate | Non-participation rate | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | '000 | '000 | '000 | \% | \% | \% |
| Could ask for small favours | 11730.8 | 3800.0 | 15530.8 | 75.5 | 24.5 | 100.0 |
| Could not ask for small favours | 727.9 | 529.5 | 1257.3 | 57.9 | 42.1 | 100.0 |
| Total | 12458.7 | 4329.4 | 16788.2 | 74.2 | 25.8 | 100.0 |

Ability to obtain support
Similar trends are evident when examining people's ability to obtain support in a time of crisis, with the sport and physical recreation participation rate higher for those who were able to obtain support from people living outside of the household (75\%) than for those who were unable to obtain support (57\%). The majority of people felt able to obtain support in a time of crisis, yet the proportion of sport participants ( $95 \%$ ) exceeded that of non-participants (90\%).
8.6 PARTICIPATION IN SPORT AND PHYSICAL RECREATION, By ability to get support in times of crisis from persons living outside the household

|  | Participated | Did not participate | Total | Participation rate | Non-participation rate | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | '000 | '000 | '000 | \% | \% | \% |
| Able to get support | 11848.2 | 3876.9 | 15725.1 | 75.3 | 24.7 | 100.0 |
| Not able to get support | 610.5 | 452.5 | 1063.1 | 57.4 | 42.6 | 100.0 |
| Total | 12458.7 | 4329.4 | 16788.2 | 74.2 | 25.8 | 100.0 |

Support in times of crisis was most commonly obtained by sport and physical recreation participants from a family member (81\%), friend (69\%) or neighbour (29\%). The same sources of support were most common among non-participants, with $76 \%, 49 \%, 22 \%$ respectively.
8.7 PARTICIPATION IN SPORT AND PHYSICAL RECREATION, By source of support in times of crisis

|  | Participated | Did not participate | Total | Participation rate | Non-participation rate | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | '000 | '000 | '000 | \% | \% | \% |
| Friend | 8570.3 | 2133.8 | 10704.1 | 80.1 | 19.9 | 100.0 |
| Neighbour | 3592.1 | 971.0 | 4563.1 | 78.7 | 21.3 | 100.0 |
| Family member | 10048.9 | 3278.5 | 13327.4 | 75.4 | 24.6 | 100.0 |
| Work colleague | 2896.9 | 434.2 | 3331.1 | 87.0 | 13.0 | 100.0 |
| Community, charity or religious organisation | 1342.6 | 295.2 | 1637.9 | 82.0 | 18.0 | 100.0 |
| Local council or other government services | 677.0 | 171.6 | 848.6 | 79.8 | 20.2 | 100.0 |
| Health, legal or financial professional | 1189.0 | 206.9 | 1395.9 | 85.2 | 14.8 | 100.0 |
| Other | 85.2 | *16.8 | 102.0 | 83.6 | *16.4 | 100.0 |
| No support | 610.5 | 452.5 | 1063.1 | 57.4 | 42.6 | 100.0 |
| Total(a) | 12458.7 | 4329.4 | 16788.2 | 74.2 | 25.8 | 100.0 |

* estimate has a relative standard error of $25 \%$ to $50 \%$ and should be used with caution
(a) Components do not add to totals, as some respondents identified more than one source of support.


## DIVERSITY OF SOCIAL

NETWORKS

Having diverse social networks can expose people to others with different cultural, educational and socio-economic backgrounds, developing values of acceptance and inclusiveness. Some indicators of such diversity can be gained from the GSS, which asks respondents what proportion of their friends were of the same ethnic background, of a similar age and of roughly the same educational background. The data shows that a smaller proportion of sport participants than non-participants had all of their friends with similar characteristics to them. This may indicate that sport participants have slightly more varied social networks than do non-participants.

DIVERSITY OF SOCIAL
NETWORKS continued
8.8 PARTICIPATION IN SPORT AND PHYSICAL RECREATION, By persons with all friends with similar ethnic background, age and level of education(a)

(a) Difference between participants and non-participants is statistically significant.

The sport and physical recreation participation rate is highest among those who have most or about half of their friends with similar levels of education (79\%). There is not enough evidence to say whether the participation rates amongst those who have about half of their friends with the same ethnic background or similar age (both 80\%) are statistically significantly higher.

PARTICIPATION IN SPORT AND PHYSICAL RECREATION, By proportion of friends of same ethnic background, similar age and level of education

|  | Participated | Did not participate | Total | Participation rate | Non-participation rate | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | '000 | '000 | '000 | \% | \% | \% |
| Same ethnic background |  |  |  |  |  |  |
| All | 2925.3 | 1433.7 | 4359.0 | 67.1 | 32.9 | 100.0 |
| Most | 6151.9 | 1686.6 | 7838.5 | 78.5 | 21.5 | 100.0 |
| About half | 1665.7 | 407.9 | 2073.7 | 80.3 | 19.7 | 100.0 |
| Few | 1143.3 | 361.9 | 1505.1 | 76.0 | 24.0 | 100.0 |
| None | 470.6 | 259.2 | 729.8 | 64.5 | 35.5 | 100.0 |
| Don't Know | *26.3 | *49.5 | 75.8 | *34.7 | 65.3 | 100.0 |
| No friends | * 75.8 | 130.5 | 206.2 | 36.7 | 63.3 | 100.0 |
| Total | 12458.7 | 4329.4 | 16788.2 | 74.2 | 25.8 | 100.0 |
| Similar age |  |  |  |  |  |  |
| All | 1086.0 | 723.2 | 1809.3 | 60.0 | 40.0 | 100.0 |
| Most | 7142.9 | 1948.7 | 9091.5 | 78.6 | 21.4 | 100.0 |
| About half | 2733.3 | 674.6 | 3407.8 | 80.2 | 19.8 | 100.0 |
| Few | 1163.2 | 624.1 | 1787.3 | 65.1 | 34.9 | 100.0 |
| None | 224.2 | 191.8 | 416.0 | 53.9 | 46.1 | 100.0 |
| Don't Know | *33.4 | *36.6 | 69.9 | *47.7 | *52.3 | 100.0 |
| No friends | *75.8 | 130.5 | 206.2 | 36.7 | 63.3 | 100.0 |
| Total | 12458.7 | 4329.4 | 16788.2 | 74.2 | 25.8 | 100.0 |
| Similar level of education |  |  |  |  |  |  |
| All | 1485.9 | 700.2 | 2186.1 | 68.0 | 32.0 | 100.0 |
| Most | 5737.4 | 1517.4 | 7254.8 | 79.1 | 20.9 | 100.0 |
| About half | 2583.5 | 680.7 | 3264.2 | 79.1 | 20.9 | 100.0 |
| Few | 1588.1 | 619.2 | 2207.3 | 71.9 | 28.1 | 100.0 |
| None | 296.5 | 220.4 | 516.9 | 57.4 | 42.6 | 100.0 |
| Don't Know | 691.6 | 461.2 | 1152.8 | 60.0 | 40.0 | 100.0 |
| No friends | *75.8 | 130.5 | 206.2 | 36.7 | 63.3 | 100.0 |
| Total | 12458.7 | 4329.4 | 16788.2 | 74.2 | 25.8 | 100.0 |

[^4]
## EXPLANATORY NOTES

RELATED PUBLICATIONS

1 This publication presents data on social wellbeing indicators and participation in sport and physical recreation, compiled from the 2010 General Social Survey (GSS). The GSS collected information about personal and household characteristics for people aged 18 years and over resident in private dwellings throughout Australia, excluding very remote areas, from August to November 2010.
2 Further Explanatory Notes on the 2010 GSS can be found in ABS (2011a) General Social Survey: Summary Results, Australia, 2010 (cat. no. 4159.0). These Explanatory Notes contain information on the scope of the survey, sample design, data collection, weighting and reliability of estimates. The publication also contains a Technical Note that provides information on data quality.

3 Figures have been rounded and discrepancies may occur between totals and the sum of the component items.

4 Other ABS publications which may be of interest include:
Aspects of Social Capital, Australia, 2006 (cat. no. 4911.0)
General Social Survey: Summary Results, Australia, 2010 (cat. no. 4159.0)
General Social Survey: User Guide, Australia, 2010 (cat. no. 4159.0.55.002)
How Australians Use Their Time, 2006 (cat. no. 4153.0)
Information Paper: Measuring Social Capital, An Australian Framework and Indicators, 2004 (cat. no. 1378.0)
Measuring Wellbeing: Frameworks for Australian Social Statistics, 2001 (cat. no. 4160.0)

Voluntary Work, Australia, 2010 (cat. no. 4441.0)
Volunteers in Sport, Australia, 2010 (cat. no. 4440.0.55.001)

## Participation in sport and physical recreation by:

Attendance at cultural venues
Whether has attended any selected cultural venues and events in the last 12 months
Crime
Feelings of safety at home alone after dark
Feelings of safety at home alone during the day
Feelings of safety walking alone in local area after dark

## Demographics

Age
Family composition
Household type
Index of relative socio-economic disadvantage (quintiles)
Index of remoteness
Indigenous status
Sex
Family and community: Context
Whether experienced a personal stressor in the last 12 months
Family and community: Networks
Ability to ask for small favours
Ability to get support in times of crisis
Frequency of contact with family or friends
Frequency of face to face contact with family or friends
Frequency of telephone, email and mail contact with family or friends
Source of support in time of crisis
Health
Disability or long-term health condition
Self-assessed health status
Mobility
Geographical area of previous dwelling
Length of time in current dwelling
Social capital: Network qualities
Active involvement in governance and civic groups in the last 12 months by type of organisation
Active involvement in social or support groups in the last 12 months by type of organisation
Level of generalised trust
Level of trust in hospitals
Level of trust in own doctor
Level of trust in police in local area
Number of friends can confide in
Type of civic activity engaged in during the last 12 months
Social capital: Network transactions
Whether attended a community event in the past six months

## A1. 1 <br> DATA ITEMS FROM THE 2010 GENERAL SOCIAL SURVEY THAT ARE INCLUDED IN THIS REPORT continued

Social capital: Network type
Proportion of friends of same cultural or ethnic background
Proportion of friends of similar age
Proportion of friends with roughly the same level of education
Sports attendance
Whether attended any sporting event as a spectator in the last 12 months

## Transport

Perceived level of difficulty with transport
Travel time to work (each day)
Whether has access to motor vehicle(s) to drive
Voluntary work
Type(s) of organisation(s) volunteered for in last 12 months

Work
Hours usually worked in all jobs (per week)
Whether work allows for family/community responsibilities

## TECHNICAL NOTE

RELIABILITY OF THE ESTIMATE

CALCULATION OF STANDARD ERRORS

1 Since the estimates in this publication are based on information obtained from a sample of persons, they are subject to sampling variability. That is, they may differ from those that would have been produced had all persons been included in the survey.
2 One measure of the likely difference is given by the standard error (SE), which indicates the extent to which an estimate might have varied by chance because only a sample of persons was included. There are about 2 chances in $3(67 \%)$ that the sample estimate will differ by less than one SE from the number that would have been obtained if all persons had been surveyed, and about 19 chances in 20 (95\%) that the difference will be less than two SEs.

3 Another measure of the likely difference is the relative standard error (RSE), which is obtained by expressing the SE as a percentage of the estimate.
$\mathrm{RSE} \%=\left(\frac{\text { SE }}{\text { estimate }}\right) \times 100$
4 In the tables in this publication, only estimates (numbers or percentages) with RSEs less than $25 \%$ are considered sufficiently reliable for most purposes. However, estimates with larger RSEs have been included and are preceded by an asterisk (e.g. *3.4) to indicate they are subject to high SEs and should be used with caution. Estimates with RSEs greater than $50 \%$ are preceded by a double asterisk (e.g. ${ }^{* * 2.1 \text { ) to indicate that they }}$ are considered too unreliable for general use.

5 Standard errors can be calculated using the estimates (counts or percentages) and the corresponding RSEs. For example, Table 4.2 shows the estimated number of males who participated in sport and physical recreation, which is 6.3 million. The corresponding RSE table available in the Australian level spreadsheet shows that the RSE for this estimate is $1.8 \%$. The SE is calculated by:

$$
\begin{aligned}
& \text { SE of estimate } \\
& =\left(\frac{\text { RSE } \%}{100}\right) x \text { estimate } \\
& =0.018 \times 6,300,600 \\
& =113,411
\end{aligned}
$$

6 Therefore, there are about two chances in three that the value that would have been produced if all dwellings had been included in the survey will fall within the range $6,187,189$ and $6,414,011$ and about 19 chances in 20 that the value will fall within the range $6,073,778$ to $6,527,422$. This example is illustrated in the diagram below.


7 Proportions and percentages formed from the ratio of two estimates are also subject to sampling errors. The size of the error depends on the accuracy of both the numerator and the denominator. A formula to approximate the RSE of a proportion is given below. The formula is only valid when x is a subset of y :
$\operatorname{RSE}(\mathrm{x} / \mathrm{y})=\sqrt{[\operatorname{RSE}(\mathrm{x})]^{2}-[\operatorname{RSE}(\mathrm{y})]^{2}}$

8 Consider the example given above of the number of males who participated in sport and physical recreation ( 6.3 million). Of these, $14 \%$ (or approximately 908,600) were aged 18-24 years (Table 4.2). As already noted, the SE of 6.3 million is approximately 113,410 which equates to an RSE of about $1.8 \%$. The SE and RSE of 908,600 are approximately 57,240 and $6.3 \%$ respectively. Applying the formula above, the estimate of $14 \%$ for those aged 18-24 years will have an RSE of:

$$
\operatorname{RSE}(x / y)=\sqrt{[(6.3)]^{2}-[(1.8)]^{2}}=6.04 \%
$$

9 This gives a SE for the proportion (14\%) of approximately 0.8 percentage points. Therefore, if all persons had been included in the survey, there are 2 chances in 3 that the proportion that would have been obtained is between $13.2 \%$ to $14.8 \%$ and about 19 chances in 20 that the proportion is within the range $12.4 \%$ to $15.6 \%$.

10 Published estimates may also be used to calculate the difference between two survey estimates (of counts or percentages). Such an estimate is subject to sampling error. The sampling error of the difference between two estimates depends on their SEs and the relationship (correlation) between them. An approximate SE of the difference between two estimates ( $x$ - $y$ ) may be calculated by the following formula:
$\operatorname{SE}(x-y)=\sqrt{[\operatorname{SE}(x)]^{2}+[\operatorname{SE}(y)]^{2}}$

11 A statistical significance test for any of the comparisons between estimates can be performed to determine whether it is likely that there is a difference between the corresponding population characteristics. The standard error of the difference between two corresponding estimates ( x and y ) can be calculated using the formula in paragraph 10. This standard error is then used to calculate the following test statistic:
$\left(\frac{x-y}{\operatorname{SE}(x-y)}\right)$
12 If the absolute value of this test statistic is greater than 1.96 then there is evidence of a statistically significant difference (at the $5 \%$ level) in the two estimates with respect to that characteristic. This statistic corresponds to a $95 \%$ confidence interval of the difference. Otherwise, it cannot be stated with confidence that there is a real difference between the population with respect to that characteristic.

13 The tables in this publication do not show the results of significance testing, and so users should take account of RSEs when comparing estimates for different populations.
14 The imprecision due to sampling variability, labelled sampling error should not be confused with non-sampling error. Non-sampling error may occur in any collection, whether it is based on a sample or a full count such as a census. Sources of non-sampling error include non-response, errors in reporting by respondents or recording answers by interviewers and errors in coding and processing data. Every effort was made to reduce the non-sampling error by careful design and testing of the questionnaire, training and supervision of interviewers, extensive editing and quality control procedures at all stages of data processing.

15 Limited space does not allow the SEs and/or RSEs of all the estimates to be shown in this publication. However, RSEs for all tables are available in the spreadsheets released as part of this publication.

## GLOSSARY

## Access to motor vehicle(s) to drive

Age
Child

## Contact with family or friends

 living outside the householdCouple
Dependent child/ren/Dependants

Disability or long-term health condition

Access that a person has to any motor vehicle to drive. Such motor vehicles include vehicle(s) which they wholly or jointly own, vehicle(s) belonging to another member of the household, and company or government vehicle(s) which they have access to for personal use.

The age of a person on their last birthday.
A person of any age who is a natural, adopted, step, or foster son or daughter of a couple or lone parent, usually resident in the same household, and who does not have a child or partner of his/her own usually resident in the household.

Refers to face to face contact, or other types of contact such as telephone, mail and email, which a person has had with family or friends who do not live with them.

Two people in a registered or de facto marriage, who usually live in the same household.
All persons aged under 15 years; and people aged 15-24 years who are full-time students, have a parent in the household and do not have a partner or child of their own in the household.

A disability or long-term health condition exists if a limitation, restriction, impairment, disease or disorder, had lasted, or was likely to last for at least six months, and which restricted everyday activities.

It is classified by whether or not a person has a specific limitation or restriction. Specific limitation or restriction is further classified by whether the limitation or restriction is a limitation in core activities or a schooling/employment restriction only.

There are four levels of core activity limitation (profound, severe, moderate, and mild) which are based on whether a person needs help, has difficulty, or uses aids or equipment with any of the core activities (self care, mobility or communication). A person's overall level of core activity limitation is determined by their highest level of limitation in these activities.

The four levels are:

- profound - always needs help/supervision with core activities
- severe - does not always need help with core activities
- moderate - has difficulty with core activities
- mild - uses aids to assist with core activities.

Persons are classified as having only a schooling/employment restriction if they have no core activity limitation and are aged 18 to 20 years and have difficulties with education, or are less than 65 years and have difficulties with employment.

Family Two or more persons, one of whom is at least 15 years of age, who are related by blood, marriage (registered or de facto), adoption, step or fostering, and who are usually resident in the same household. The basis of a family is formed by identifying the presence of a couple relationship, lone parent-child relationship or other blood relationship. Some households will, therefore, contain more than one family.

Feelings of safety How safe a person feels in various circumstances (i.e. when home alone during the day, when home alone after dark, or when walking alone through their local area after dark) was reported on a five point scale, from very safe to very unsafe. If the respondent indicated that they were never home alone or never walked alone after dark this response was recorded.

Household One or more persons usually resident in the same private dwelling.

Participants in sport and physical recreational activities

This publication presents information for a selection of household composition categories which are based on various family and household compositions, and sometimes, the age of the selected person (the survey respondent). Categories presented are:

- couple only, one family household - a household consisting of a couple with no other related or unrelated persons usually resident
- couple family with dependent children - a household consisting of a couple and at least one dependent child usually resident in the household. Related non-dependent children may also be present in the household. Households which also have other related or unrelated residents are not included
- one parent family with dependent children - a household consisting of a lone parent and at least one dependent child usually resident in the household. Non-dependent children may also be present in the household. Households which also have other related or unrelated usual residents are not included
- lone person household - a household consisting of a person living alone
- other households - comprises all other households, including multi-family households, and households consisting of unrelated adults.

All persons aged 15 years or over (except those aged 15-24 years who are full-time students) who have a parent in the household and do not have a partner or child of their own in the household.

An organisation or group is any body with a formal structure. It may be as large as a national charity or as small as a local book club. Purely ad hoc, informal and temporary gatherings of people do not constitute an organisation.

Participants comprise those people who physically undertook a sport or physical recreational activity in the last 12 months, as well as people involved in 'non-playing roles', such as coaches, officials, umpires and administrators.

Participation rate

Personal stressors Any of the following events or circumstances which the person considers have been a problem for themselves or someone close to them in the last 12 months:

- serious accident
- mental illness
- serious disability
- death of family member or close friend
- divorce or separation
- not able to get a job
- involuntary loss of job
- alcohol or drug related problems
- gambling problem
- abuse or violent crime
- witness to violence
- trouble with the police.

Remoteness areas Broad geographical regions which share common characteristics of remoteness based on the Remoteness Structure of the ABS's Australian Standard Geographical Classification (ASGC).

Self assessed health status The selected person's general assessment of their own health, against a five point scale from excellent through to poor.

Small favours

Assistance which a person may seek from other people in their day to day lives.

## Small favours continued

Support in a time of crisis

## Trust

To ascertain peoples feelings of trust in others, and in some major institutions, they were asked how strongly they agreed or disagreed with the following statements, giving a rating on a 5-point scale:

- That most people can be trusted?
- That your doctor can be trusted?
- That hospitals can be trusted?
- That police in your local areas can be trusted?
- That police outside your local area can be trusted?

The response categories in the five point scale were: 'strongly agree', 'somewhat agree', 'neither agree nor disagree', 'somewhat disagree', and 'strongly disagree'.

The phrase 'most people' is based on the respondent's interpretation - there is no specific definition. The idea is whether people can go about their affairs confidently, expecting that others will generally deal fairly with them and act in the ways normally expected in our society.

Transport difficulties The person's assessment of how difficult it is for them to travel to places they may need to go to in normal circumstances. Four options were provided:

- can easily get to the places needed
- sometimes have difficulty getting to the places needed
- often have difficulty getting to the places needed
- can't get to the places needed.

If they indicated that they never go out or are housebound this response was recorded. Difficulties which may have been taken into account are traffic problems, parking and distances, as well as those difficulties not directly related to transport such as poor health or lack of finances.

Voluntary work The provision of unpaid help willingly undertaken in the form of time, service or skills, to an organisation or group, excluding work done overseas.

Some forms of unpaid work, such as student placements or work under a Community Service Order, that were not strictly voluntary have been excluded.

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[^0]:    * estimate has a relative standard error of $25 \%$ to $50 \%$ and should be used with caution

[^1]:    * estimate has a relative standard error of $25 \%$ to $50 \%$ and should be used with caution
    (a) Unemployed or not in the labour force.

[^2]:    * estimate has a relative standard error of $25 \%$ to $50 \%$ and should be
    (a) People may have volunteered for more than one organisation. used with caution

[^3]:    * estimate has a relative standard error of $25 \%$ to $50 \%$ and should be used with caution

[^4]:    * estimate has a relative standard error of $25 \%$ to $50 \%$ and should be used with caution

